


Get Screened: Take charge of your health. Take charge of your life.



This table shares **2014** information about **how often to get the following tests** based on your sex and age group. Please turn this over  to learn more about **recommended screenings for everyone**.



For more information about recommending screenings, visit www.SafeAndHealthyMe.alaska.gov.

Recommended health screenings	How often by age group				
	Ages 20-39	40-49	50-59	60-64	65 or older
Cholesterol (fats in your blood)		Every 5 years, men start at age 35.			
			Every 5 years, women start at age 45.		
Heart Disease (Should you take aspirin?)		Talk with your provider every 5 years, men at ages 45-79.		Talk with your provider every 5 years, women at ages 55-79.	
		Ages 40-50, talk with your provider.		Every 2 years, ages 50-74.	
Breast Cancer (Mammogram)		Ages 40-50, talk with your provider.		Every 2 years, ages 50-74.	
Cervical Cancer (Pap smear)	Every 3 years, ages 21-35.				
	Every 3 years, ages 36-65. If you have a negative Human Papilloma Virus (HPV) test, it could be every 5 years.				
	Over 65, talk with your provider.				

KEY


-  Men
-  Women

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There are tests that **help determine your risk** for heart disease, stroke, diabetes, cancer and injuries. Everyone can reduce their chance of getting these diseases or getting hurt. The following table shares **2014** information about how often to get these tests based on your age.



Please turn this over  to learn more about **recommended screenings for men and women**.

Recommended health screenings	How often by age group				
	Ages 20-39	40-49	50-59	60-64	65 or older
Tobacco Use	Every health care visit.				
Weight	Every year.				
Blood Pressure	Every 2 years if your blood pressure is lower than 120/80. At least yearly if it is 120/80 or higher.				
Blood Sugar/ Glucose (diabetes/ pre-diabetes)	Every 3 years if you have high blood pressure, are overweight, exercise fewer than 3 times a week, are Hispanic/Latino, are not white, had a baby weighing more than 9 pounds at birth, and/or if you have a family member with diabetes.		Every 3 years starting at age 45, but more often if you are overweight, you have high blood pressure or are taking medication for high blood pressure, and/or you exercise fewer than 3 times a week.		
Colon Cancer	KEY  Everyone	Start at age 40 if you are Alaska Native or high risk.	If you are not high risk, start at age 50. There are three possible tests, and each has different recommendations. Talk with your provider about which is best for you.		
Preventing Slips and Falls		Every year starting at age 65.			